

**BHALLATAKA AND ITS USE AS APHRODISIAC IN DIABETIC CONDITION; A
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ABSTRACT

Advancement in science had also led to increase in the cases of non-communicable diseases. These are mostly related to altered food habits and life style. *Kayagni* gets directly affected by this factors and give rise to metabolic disturbance, which in Ayurveda is termed as *Aam*. Inability to digest the food and its mal absorption at cellular level leads to diabetes. Ayurveda had mentioned it under the title of *Prameha*, and the *Dushya Samgraha* reflects the undigested heavy – *Guru* and *Snigdha Aam* at different layers of the body. Here *Bhallataka* is studied for its aphrodisiac property which can be markedly effective in diabetic conditions where there is neuropathic changes.

KEYWORDS: *Prameha, Bhallataka, Aam.***INTRODUCTION**

The altered food habits had given rise to disturbed or changed metabolic activities in human body. More over the sedentary lifestyle and lack of physical exercise had worsen the problem. It has developed disorders like hypertension and diabetes. Day by day the cases of these disorders are been increasing at alarming pace. Ayurveda as holistic life science had addressed this issues centuries ago, the ancient *Acharyas* had given utmost importance for kindling of digestive fire i.e. *Jatharagni*. All the diseases which gets it root in body are due to disturbance in functioning of this *Jatharagni*. The path for treatment is also stated in same principal that we have to treat the *Jatharagni* primarily to get the desired effect in any diseased condition. *Prameha* is one such disease – *Mahagada* which is mentioned in Ayurveda classics where there is impartment of *Jatharagni* and development of disease syndrome.

Prameha

The factors that contribute to the production of *Prameha* would impair all three *Dosha*, namely *Vata*, *Pitta*, and *Kapha*. Among them, the first *Dosha* to become impaired is *Kapha*, followed by *pitta*, and as a result of these two *Dosha* being impaired, the *Vata Dosha* becomes impaired. The *Hetu* for *Prameha* which are responsible for vitiation of above said *Dosha* are as follows, All the food stuffs, liquids and physical activities - *Kriya*, which increases *Meda Dhatu*, *Mutra*

and *Kapha Dosha* are primarily responsible for formation of this disease.

The *Dushya Samgraha* i.e. the affected body parts in *Prameha* are *Rasa*, *Rakta*, *Mamsa*, *Kapha*, *Meda*, *Lasika*, *Mutra* and *Sweda*. This are primarily the liquid or the secretions of the body and as the name suggest *Prameha* – it is the disease of this *Aba Dhatu* all over in the body.

Ayurveda and modern science too had mentioned the signs and symptoms which states the progress of underlying disease. Excessive thirst, increased frequency of urination, disturbed bowel movements, neuritis, and weakness are some of the prime symptoms of *Prameha*. The excessive or surplus quantity of sugar in circulating blood has direct effect on muscles and nervous system. Though the sugar levels are kept in check by modern medication but the underlying damage to these systems manifest into symptoms eventually. One such symptom is loss of libido and inability to perform during the act, both physically as well as mentally.

BhallatakaLatin name – *Semecarpus anacardium*

English name – Marking nut

Rasa – *Kashaya*, *Madhura**Virya* – *Ushna**Vipaka* – *Katu**Doshagnata* – *Vata*, *Kapha*

Guna

भल्लातक फलं पक्वं स्वदुपाकरसं लघुं | |
 कषायं पाचनं स्निग्धं तीक्ष्ण उष्ण च्छेदि भेदनं | |
 मेध्यं वन्हिकरं हन्ति कफ वात व्रणोदरं | |
 कुष्ठ अर्श ग्रहणी गुल्म शोफ अनाह ज्वर कृमिन् | |
 तन्मज्जा मधुरा वृष्या बृहणी वात्पित्तहा | |

- *Bhavaprakasha Haritakyadi Varga*

It is *Laghu* in digestion but at the same time it is *Ushna* and *Tikshna* in nature. This strengthens the weakened digestive fire and helps in proper metabolism of ingested food. The kernel is said to show *Vrushya* i.e. aphrodisiac activity. Also it is *Bruhana* in nature.

If we go through the disease *etiopathogenesis* of *Prameha*, we come to know that its causative factors and *Dushaya* – affected parts are primarily of *Jala Tatva*. Which in turn causes gradual effect on all *Strotas* of the body. Hence for *Samprapti Bhanga* of *Vyadhi* and for minimizing the disease symptoms we can use *Bhallataka* in various forms. Also the loss of libido and inability to perform due to heaviness physically and mentally can be alleviated promptly with judicious use of *Bhallataka Kalpa*.

कफोत्थितं शुक्रदोषं हन्यात् भल्लातकस्य च |

- *Charaka S. Chikitsa 30/147*

Acharya Charaka had mentioned *Bhallataka* under *Kushtaghna*, *Deepaniya*, *Mutrasamgrahan* and *Bhedaniya Mahakashaya*.

Practical use of *Bhallataka* can be undertaken as follows –

Bhallataka Rasayana – (*Ashtanga H.Uttara T. 39/66*)

Under this head there are four types of medication preparations and mode of use are been mentioned in *Samhita*. Out of which one can adopt the favorable medication and can used for the underlying cause.

Bhallataka Ksheer – (*Ashtanga Samgraha Uttara T. 50/29*)

Here *Acharya Vagbhata* advise to cook *Bhallataka* in milk and then to consume the *Siddha Dugdha* for Aphrodisiac effect.

Eladya Ghruta – this is a formulation containing *Bhallataka* as an ingredient and is indicted in *Shosha Vyadhi*. This helps to tackle emaciation and add to *Bhruhana* effect. Thus nourishes all body tissues and ultimately is effective in building strength.

Narsimha Churna – (*Bhaishajya Kalpana Vajikaran Adhikara 37-48*)

It is a formulation which has *Bhallataka* as a main ingredient in it. Along with other drugs it exhibits aphrodisiac activity when taken in optimum quantity

with proper *Anupana*. It can be taken in 1-3 gm of dosage along with *Ghrut* or milk two times in a day at *Rasayana Aushadh Sevana Kala*.

Fruit kernel can be taken along with milk and clarified butter. *Siddha* system pharmacies had developed a capsule for the same (*Serankottai Nei*) which is combination of *Bhallataka* Seed, Cow milk and clarified butter. Consuming this one capsule along with *Anupana* of milk or coconut water or coconut oil can be effective in treating loss of libido and also increase the strength of digestive fire – *Jatharagni*.

Inference

Lifestyle modification and inappropriate food habits had led to various serious metabolic disorders. *Prameha* is one such prime disorder which is increasing day by day with vivid signs and symptoms. The quality of life has hampered due to such disorders. Healthy sexual activity and strength, ability to copulate is reduced in such conditions. Here a potent and fast acting drug like *Bhallataka* can deliver the promising results. By following the *Pathya* during *Bhallataka Sevana*, one can pacify the underlying disease pathology and get ease in mentioned symptoms.

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